

## FY 2015 CHNA & HIP Progress Report

### Mills County

#### Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Decrease overweight/obesity rates from 2008 (66%) to 64%.	Strengthen the Healthy Mills County Coalition through the addition of new members and regular meeting activity.	The Healthy Mills County Coalition continues to meet regular and is an essential partner for progress toward improved health in our community.
	Develop and implement a comprehensive marketing campaign promoting current programming and healthy behaviors for adults and youth.	We continue to provide ongoing Marketing campaigns to promote healthy choices for all residents. We are most effective as we work together with our partners to promote healthy lifestyles throughout our community.
	Advocate for environmental and policy change to support tobacco free environment.	See Below

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	<p>Work with community partners to develop community wide strategies to support healthy behaviors. Activities to include: 1. Ongoing NEMS assessments to improve nutritional offerings in area restaurants, vending and concession stands. 2. Increasing access to physical activity locations. 3. Walkability assessments 4. Policy improvements to support walkability 5. Promotion of Breast feeding. 6. Programming to encourage healthy nutrition and increased physical activity. 7. Support of Local Foods Council, local Farmers Markets &amp; Comm. Giving Garden. 8. Increased access to health screenings in the community.</p>	<p>1. NEMS assessments were provided at 2 community restaurants. Vending machines at the I-29 Rest Stop were re-assessed using NEMS-V guidelines to improve healthy food options in our community. Concessions stands at Glenwood Schools have participated in Healthy Food reviews and have made changes to support healthy food options.</p> <p>2. The Glenwood Trails Committee has become an independent entity, formulated by volunteers from the community and the support of our Coalition. This organization has taken on an independent structure and is actively pursuing plans for Trail development in our County. They are establishing themselves as a 501C3 organization and are initiating fund-raising to extend biking/walking trails in our community. We have worked in partnership with neighboring counties (Pottawattamie County and Harrison County) to apply for grant funding directed toward trail improvements and connectivity throughout our communities. At this time, we have not had success in obtaining significant funding, however, by working in partnership we have significant impact.</p> <p>3. Due to Walkability Assessment completion in Glenwood/Malvern communities - they are continuing to implement plans and improvements including curb cuts and signage. All prep materials were provided to Glenwood for their Safe Routes to School Application.</p> <p>4. Education on Complete Streets Policy has been provided to both Malvern and Glenwood City Council.</p> <p>5. No new projects were implemented during this period.</p>
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		<p>6. A new program has been implemented "CATCH A Healthy Mills County Kid" through the financial support of Children's Hospital. This program is providing the CATCH Curriculum to all area pre-schools as well as After-School/Summer Care programs in our community. We have successfully established this evidence-based program to increase physical activity, healthy food choices and gardening information to over 500 children in our community through area preschools and Child Care Centers.</p> <p>7. We have supported the development of a Local Foods Council in partnership with Mills County/ISU Extension. This is an active Council with over 15 members and are developing priority areas for ongoing community work. They have actively assisted in the development of a Local Foods Assessment which will provide us with a basis for improvement in our community. A significant priority area is increasing availability of fresh foods through the Farmers Market. Projects this year have included the addition of vendors prepared to take SNAP EBT Cards, WIC and Senior Vouchers as well as the addition of a Community Booth to assist in increasing attendance at the local market. Malvern Market has been significantly increased through the actions of the Malvern Business Association. The association has provided a new approach which is significantly increasing attendance and vendors.</p>
		<p>The Giving Garden project has received additional funding through a Wellmark Grant - and we have assisted them to develop a long-term solution for Volunteer Recruitment utilizing an on-line program and increased marketing, increased educational opportunities for the public, YMCA Summer Kids Program, Summer Foods Program and Farm to School Program.</p> <p>8. Blood Pressure Programs have been introduced into 2 area dental clinics. They have continued to receive support to maintain an active B/P screening program for each patient. A "Blood Pressure at Every Opportunity" program has been developed here at Public Health to increase access to screening.</p>

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GOAL	Strategies	Progress on Strategies
Decrease percentage of Mills County residents who smoke to 26% from the current 2008 baseline of 30%	Strengthen the Healthy Mills County Coalition through the addition of new members and regular meeting activity.	See above.
	Develop and implement a comprehensive marketing campaign promoting healthy behaviors for adults and youth.	Quitline - marketing remains an ongoing priority for our coalition. No changes since the previous report.
	Advocate for policy change to support tobacco free environment.	Education was provided to area businesses regarding "Nicotine Free" policy and practice. Glenwood Comm. School has adopted a Nicotine Free policy for their campus. Area City/County Parks have all adopted Tobacco Free policy and we are working towards Nicotine Free status.